

2001 California Dietary Practices Survey

Table 17: Total Servings of Fruits and Vegetables Heard for Good Health

Question: How many total servings of fruits and vegetables have you heard you should eat every day for good health?

Percent Servings Heard Should Eat				
	0-2	3-4	5+	Don't Know
Total	7	20	54	19
Sex				
Males	9	21	47	23
Females	5	18	60	17
Males				
18 - 24	10	19	50	21
25 - 34	9	18	49	24
35 - 50	4	22	52	21
51 - 64	12	29	36	24
65+	17	17	40	26
Females				
18 - 24	4	23	49	25
25 - 34	3	16	64	17
35 - 50	5	13	64	19
51 - 64	4	26	56	13
65+	9	18	58	14
Ethnicity				
White	5	17	60	18
Hispanic	11	27	35	28
Black	12	26	46	15
Asian/ Pacific Islander	10	21	58	11
Education				
Less than high school	11	26	29	33
High school graduate	8	23	44	24
Some college	8	19	55	18
College graduate	4	16	67	14
Income				
Less than \$15,000	14	25	41	20
\$15,000 - 24,999	7	19	55	19
\$25,000 - 34,999	4	28	46	21
\$35,000 - 49,999	2	20	61	16
\$50,000+	2	14	63	20
Physically Active				
Did not meet recommendations	9	20	49	22
Met recommendations	5	19	60	16
Overweight Status				
Overweight/Obese	8	22	50	20
Not overweight	6	19	58	17

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

** p<.01

*** p<.001